

# 101 Days of Summer

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Cadet Command Safety Office



Unsafe Acts

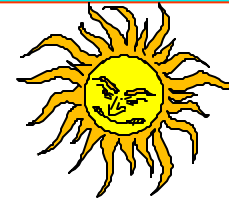
# Summer Safety

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Unsafe Acts

- Heat Injuries
- POV Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety

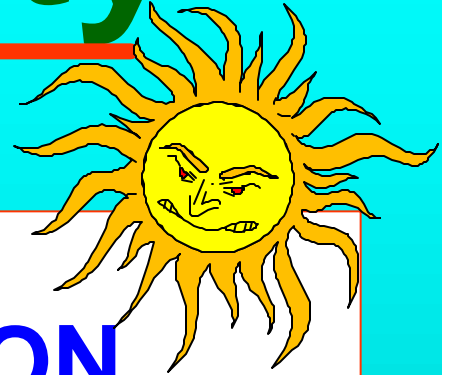


# Summer Safety

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Unsafe Acts



## HEAT INJURY PREVENTION

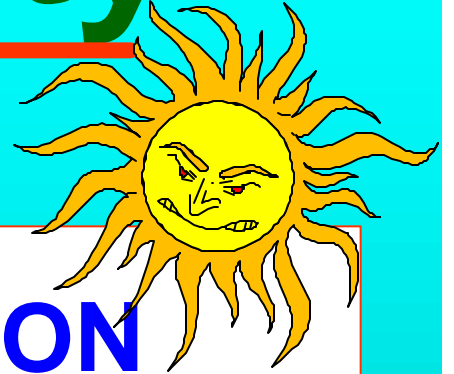
The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

# Summer Safety

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Unsafe Acts



## HEAT INJURY PREVENTION

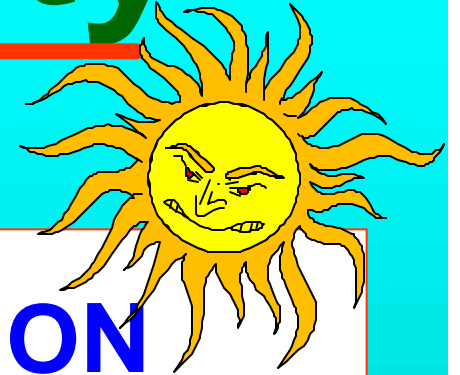
- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

# Summer Safety

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Unsafe Acts



## HEAT INJURY PREVENTION

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

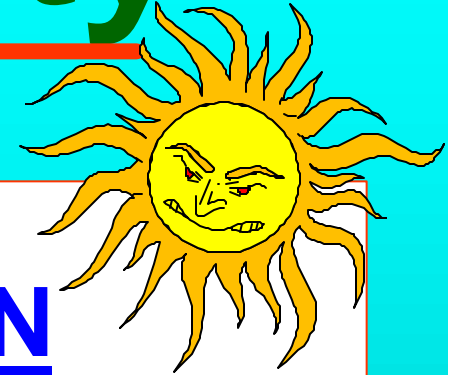
# Summer Safety

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Unsafe Acts

## SUNBURN PREVENTION

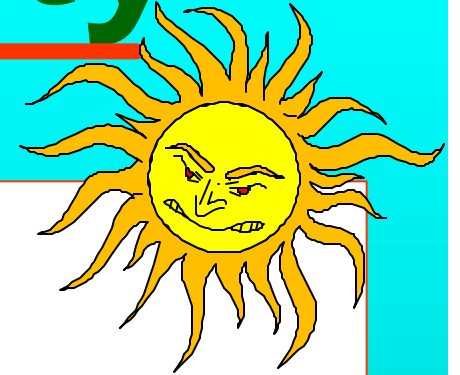


- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned

# Summer Safety



Unsafe Acts



## HEAT RASH

### CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

### SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

### TREATMENT

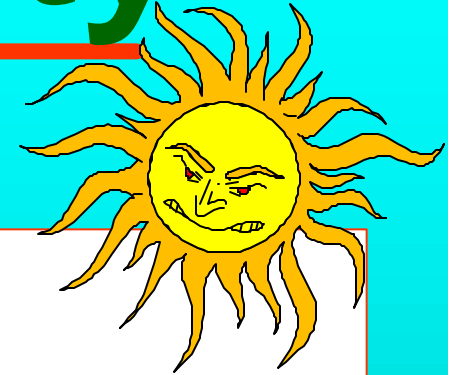
Baby powder with corn starch  
Cool shower - avoid lotions - change clothes frequently

# Summer Safety

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Unsafe Acts



## HEAT CRAMPS

### CAUSE

Excessive loss of salt from the body

### SYMPTOMS

Painful cramps of the major muscle groups  
(arms, legs, or stomach)

### TREATMENT

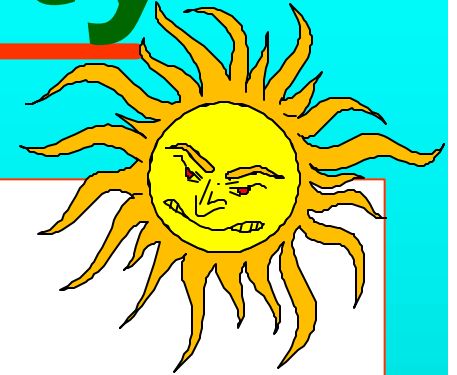
Provide cool water - shade - monitor



# Summer Safety



Unsafe Acts



## HEAT EXHAUSTION

### CAUSE

Excessive loss of salt and water in the body

### SYMPTOMS

Profuse sweating - headache - paleness - weakness  
nausea - cool moist skin - tingling sensation in extremities

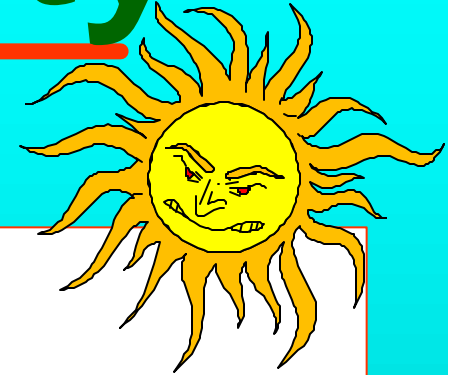
### TREATMENT

Provide water - shade - elevate feet - monitor  
seek medical attention immediately

# Summer Safety



Unsafe Acts



## HEAT STROKE

### CAUSE

The body's heat regulatory mechanism stops

### SYMPTOMS

Headache - dizziness - delirium - weakness - nausea  
red, hot skin - unconsciousness

### TREATMENT

### MEDICAL EMERGENCY!!

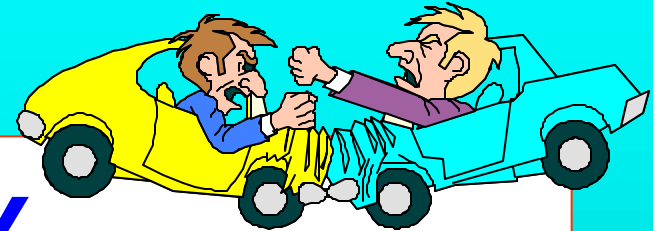
cool shaded area - soak clothing and fan - elevate feet  
massage extremities

# Summer Safety

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Unsafe Acts



## POV SAFETY

Factors that influence our risk:

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

Vehicle accidents are **#1** killer of soldiers

# Summer Safety

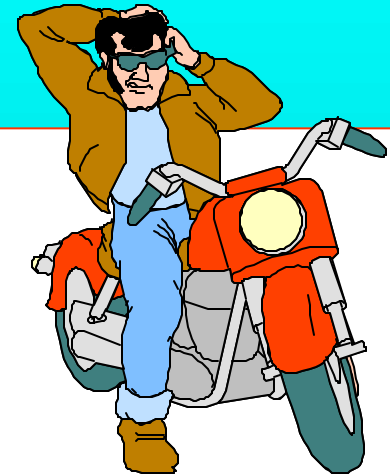
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Unsafe Acts

## POV SAFETY

### Age



Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

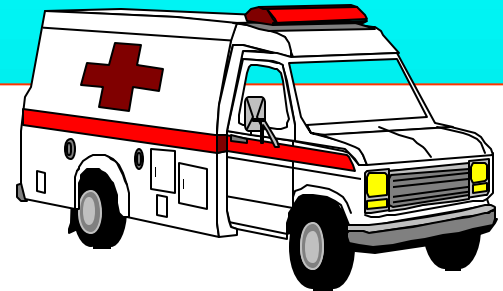
# Summer Safety

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Unsafe Acts

## POV SAFETY



### Seatbelts

**Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%**

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Unsafe Acts

## POV SAFETY

### Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

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Unsafe Acts

## POV SAFETY

### Fatigue



Drivers between the ages of **18-24** are at special risk with over **56%** of fatal crashes involving fatigue or falling asleep at the wheel.

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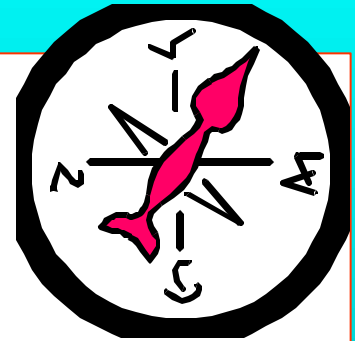
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Unsafe Acts

## POV SAFETY

### Location



Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.



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Unsafe Acts



## POV SAFETY

### Speed



The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. **Speed Kills!**

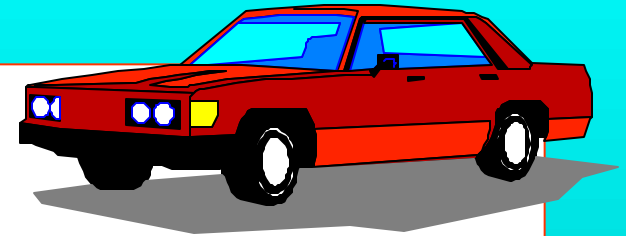
# Summer Safety

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Unsafe Acts

## POV SAFETY



1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired
6. Take rest breaks

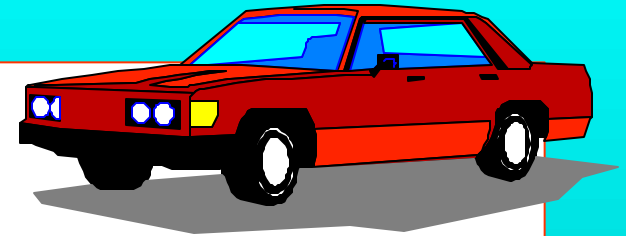
**Arrive Alive**

# Summer Safety



Unsafe Acts

## POV SAFETY



7. Adjust speed for conditions
8. Don't follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid use cellular phone while driving.



**Arrive Alive**

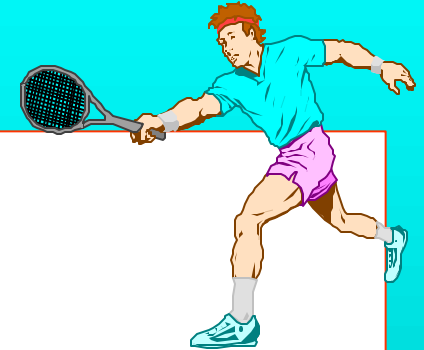
# Summer Safety

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Unsafe Acts

## Recreational Safety



- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

# Summer Safety

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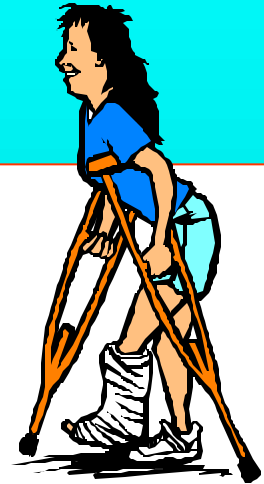
Unsafe Acts

## Sport Injuries

More soldiers are injured playing sports than performing combat soldiering activities.



Basketball is the most frequent sports injury producer in the military.



# Summer Safety



Unsafe Acts

## Sport Injuries

Before taking the court..

- Warm up
- Stay physically fit. Fit soldiers are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals secure



# Summer Safety

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Unsafe Acts

## Bicycle Safety



- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

### Before you ride.....

- Inspect your bicycle for serviceability
- Wear a helmet
- Inflate tires properly
- Check your brakes

# Summer Safety

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Unsafe Acts

## Bicycle Safety



When you ride.....

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists
- Stay out of driver's blind spots



# Summer Safety

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Unsafe Acts

## Jogging Safety



- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

# Summer Safety

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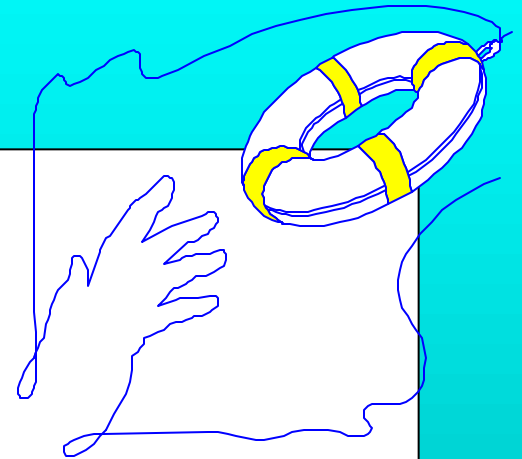
Unsafe Acts

## Water Safety

Drownings.....

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Be Safe around Water



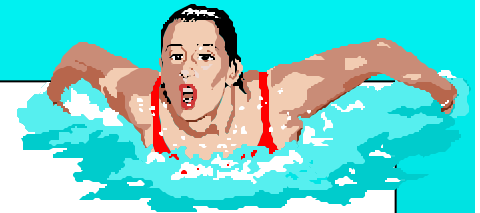
# Summer Safety

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Unsafe Acts

## Water Safety



- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating, while chewing gum or after drinking.

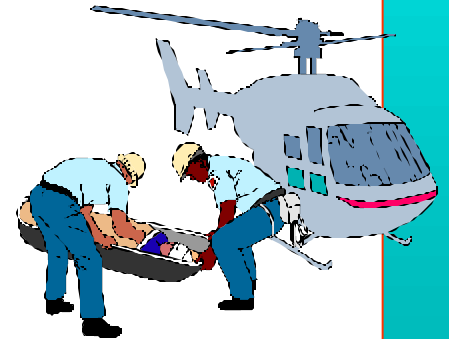
# Summer Safety



Unsafe Acts

## Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



# Summer Safety

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Unsafe Acts



## Water Safety

Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal flotation (PFD's) were NOT used.

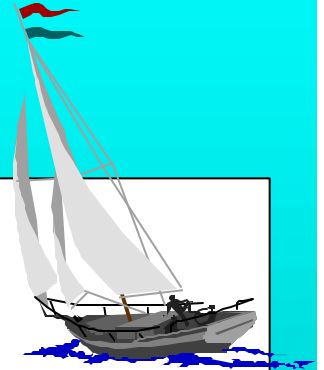
# Summer Safety

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Unsafe Acts

## BOATING LIMITS



- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

# Summer Safety

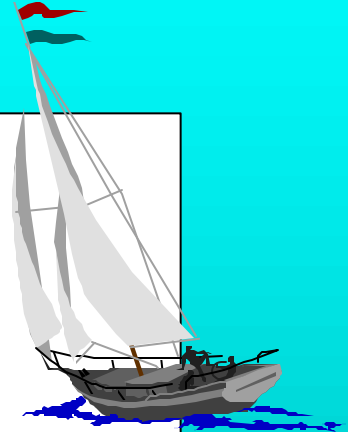
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Unsafe Acts

## BOATING SAFETY TIPS

- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance



# Summer Safety



Unsafe Acts



## JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



### What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.



# Summer Safety



*Unsafe Acts*

## WATER SAFETY RISK MANAGEMENT POINTER



**DRINKING + WATER = TROUBLE**

# Summer Safety



*Unsafe Acts*

## **WATER SAFETY RISK MANAGEMENT POINTER**



PERSONAL  
FLOATION DEVICE



**IT WON'T WORK  
IF YOU DON'T WEAR IT**

# Summer Safety

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Unsafe Acts

## ANIMALS AND REPTILES

### HAZARDS:

To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior



# Summer Safety



Unsafe Acts

## ANIMALS AND REPTILES

### Poisonous snakes



Several types of dangerous snakes are indigenous to this area to include rattlesnakes, copperheads, water moccasins (cotton mouths), and coral snakes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

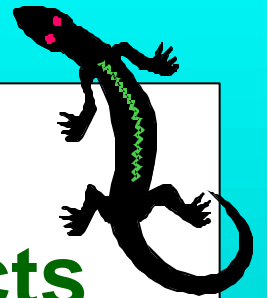
# Summer Safety

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Unsafe Acts

## INSECTS



### Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- Use insect repellent (follow directions)
- When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.
- Food and crumbs attract insects

# Summer Safety

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Unsafe Acts

## ANIMALS, REPTILES AND INSECTS



IF YOU HAVE:



- Unusual bite
- Tick bite (do not remove tick)
- Multiple bites

SEEK MEDICAL ATTENTION!!